

A Serving of Hope

Volume 5, Issue 2

February 2016

Oregon Intergroup of Overeaters Anonymous
PO Box 2429, Portland, OR 97208

971-317-6343

www.oregon-oa.org

FINDING DIRECTION

Until I came into the OA Twelve-Step program at age 34 and experienced food in its proper perspective for the first time, I didn't know I was missing the Good Orderly Direction many in OA were talking about. I became aware of a "Higher Source" than I - one who took care of the world around me. I realized I could tune into that source and receive daily direction. I began to experience a new peace of mind and feeling of oneness with my fellow woman and this world. My willingness to let go of self-will, one day at a time, and have "thy will" gave me peace of mind and direction.

At times I try to read more into it when activated in "old thinking." I reactivate my willingness and the ability to put it into action when I keep coming back, putting one foot in front of the other, doing the daily things that have worked, taking the Steps and doing the actions. As of this writing, I have been coming to OA for 22 years and following my eating plan for the last 14 and a half years.

*By M.G. Wichita, Kansas USA
December 2011 Lifeline*

Step Two

"Came to believe that a power greater than ourselves could return us to sanity."

TAKING STEP 2 A JOURNEY OF HOPE

When I think about step one, I recall a time when my life journey was nothing but walking around and around in a vicious circle. I finally came to the point when I realized that I was going nowhere, very fast. It was time for me to stop and face the muddy path I had created for myself.

Step 2 is where the hope began. It was that moment when I no longer had to figure out how to get out of the mud hole and get to where life was really meant to be lived. It was the point where I got to dream of what life could be for me. With the help of step three it was when I realized that God was in the space between what was, and what is going to be. The burden of having all the answers lifted and the strength to move in a different direction was gifted to me.

The start of a new journey is never an easy one for me. I'm a creature of habit. If what I'm doing isn't working, I will do whatever I can to either pretend it works or give blame to other factors/people as a way to justify my actions. Admitting that someone else might have an easier way or the answer to my problem can be a struggle for me. I like to be independent and self-sufficient. I had to do much of that as a child and it helped me survive, so why not continue.

But here's the joy of the program...we are not meant to simply survive. We're meant to live life to the fullest. We aren't self-sufficient beings. If we were, we'd be growing our own food, making our own clothes, building our own cars and paving our own streets. So why is it that I have felt this need

Continued on page 2

UPCOMING EVENTS

Saturday, February 27, Loving Yourself from Relapse to Recovery, 10 am to 3 pm, lunch @12 to 1 pm. United Church of Christ, 11695 SW Park Way, Portland, OR

Saturday, March 5, Speakers Meeting, 7 pm to 8:30 pm
Girl Scouts Building, 9620 SW Barbur Blvd, Portland, OR

Wednesday, March 9, Intergroup Meeting, 7 pm to 8:30 pm
Girl Scouts Building, 9620 SW Barbur Blvd, Portland, OR

Friday, March 11-Sunday, March 13, Twin Rocks Serenity Retreat
Twin Rocks Conference Center
18705 Highway 101, North Rockaway Beach, Oregon
Registration/Payment in full due on March 2nd.

A JOURNEY OF HOPE

continued from page 1

to recover by myself? I've proven over and over that I am unable to do that....I had the muddy path to prove it.

Just as I need my fellows to accompany me on my new path of hope, so I need my HP. She carries the map and my fellows help carry the flashlight when things appear to be dark. Sometimes traveling this road is easy and other times it's rocky and difficult. Sometimes I dance along the path and other times I need to be carried. Still other times, I am privileged to carry a fellow. Many have gone before me on this path but yet it seems to be a road less traveled by society as a whole.

For me this new road is a path of hope. It's comforting to know that I don't have to travel it alone. By surrendering my desire be independence, I gain strength. My HP has me where she wants me and the journey itself is the reward.

I DON'T HAVE TO LIVE IN ISOLATION ANYMORE

Having been to hell and back with this disease and knowing first-hand how it tries to get me all alone by myself so that I will give in to it by telling me such LIES as

"Nobody loves you so eat some of this....."

You're not worth spending time with so eat some of this....."

You didn't do it perfectly so eat some of this....."

Life sucks so eat some of this....."

You're a failure so eat some of this....."

Shame on you so eat some of this....."

Shame on them so eat some of this....."

..... on and on and on the LIES keep coming, trying to break me down until I start believing them and then I start eating some of this.....

Learning to combat the LIES is part of my recovery today, and that means that **TOGETHER WE CAN DO WHAT WE COULD NEVER DO ALONE!**

SEND A REP TO INTERGROUP

Do you want to help strengthen OA in your area and throughout Oregon? Make sure your voice is heard by sending an Intergroup Rep to your monthly Oregon Intergroup meeting. Give your members an opportunity to serve and help all of us benefit from a strong and diverse OA organization. OIG meets the second Wednesday of every month at the Girls Scouts building, 9620 SW Barbur Blvd, Portland, OR 97219



Service

"We are encouraged to do what we can when we can."

The Tools of Recovery Pamphlet



SERVICE OPPORTUNITIES AT INTERGROUP

- The Serenity Retreat needs a chair or co-chair. This position is open now. Vee highly recommends this as a wonderful service opportunity and she will mentor you one on one while you learn. Contact Vee @ [503-449-6005](tel:503-449-6005) for more information or to talk it over.
- The monthly Sunday, 1:30 pm, Newcomers Meeting at the Alano Club in NW Portland needs a consistent leader for the 4th Sunday of each month. We need someone immediately. (A back-up leader would always be available if there is a scheduling conflict.) Contact Margaret, Member at Large, @ [503-206-7358](tel:503-206-7358) for more information.

WELCOME HOME!

Have you ever wished you could lose ten pounds, twenty, forty, or a hundred or more? Have you ever wished that once you got it off you could keep it off? Welcome to OA; welcome home!

Have you sometimes felt out of step with the world, like a homeless orphan without a place where you really belong? Welcome to OA; welcome home!

Have you ever wished your family would get to work or school so that you could get busy eating? Welcome to OA; welcome home!

Have you ever awakened first thing in the morning and felt happy because you remembered that your favorite goodie was waiting for you in the fridge or in the cupboard? Welcome to OA; welcome home!

Have you ever looked up at the stars and wondered what a insignificant person like you was doing in the world anyway? Welcome to OA; welcome home!

Have you ever cooked bought or baked for your family and then eaten everything yourself so that you wouldn't have to share? We know you in OA because we are you. Welcome to OA; welcome home!

Have you ever wanted to hide in the house without going to work, without getting cleaned up or even getting dressed, without seeing anyone or letting anyone see you? Welcome to OA; welcome home!

Have you ever hidden food under the bed, under the pillow, in the drawer, in the bathroom, in the wastebasket, the cupboard, the clothes hamper, the closet or the car so that you could eat without anyone seeing you? Welcome to OA; welcome home!

Have you ever been angry, resentful, defiant - against God, your mate, your doctor, your mother, your father, your friends, your children, the salesperson in the store whose look spoke a thousand words as you tried on clothes - because *they* were thin, because they wanted *you* to be thin, and because you were forced to diet to please them or shut them up or make them eat their words and their looks? We welcome you to OA; welcome home!

Have you ever sobbed out your misery in the dark night because no one loved or understood you? Welcome to OA; welcome home!

Have you ever felt that God (if God existed at all) made the biggest mistake when God created you?

Can you see that this is where such feelings get turned around? Welcome to OA; welcome home!

Have you ever wanted to get on a bus and just keep going, without ever once looking back? Did you ever *do* it? Welcome to OA; welcome home!

Have you ever thought the whole world was a mess and if they would just think and act like you, the world would be a lot better off? Welcome to OA; welcome home!

Have you ever thought that OA people must be a bit nut? That *they* might be compulsive overeaters, but you just have a weight problem which you can take care of beginning tomorrow; they might be one bite from insane eating, but you are just a little or a lot overweight? Welcome to OA; welcome home!

Have you ever told anyone who would listen how great you are, how talented, how intelligent, how powerful - all the time knowing they would never believe it, because you didn't believe it? Welcome to OA; welcome home!

Have you ever lost all your weight and found that you were thin-unhappy instead of fat-unhappy? Welcome to OA; welcome home!

Have you ever worn a mask or hundreds of masks because you were sure that if you shared the person you really were no one could ever love or accept you? We accept you in OA.

Overeaters Anonymous extend to all of you the gift of acceptance. No matter who you are, where you come from or where you are heading, you are welcome here! No matter what you have done or failed to do, what you have felt or haven't felt, where you have slept, or with whom, who you have loved or hated - you may be sure of our acceptance. We accept you as you are, not as you would be if you could melt yourself and mold yourself into what other people think you should be. Only you can decide what you want to be.

But we will help you work for the goals you set, and when you are successful we will rejoice with you; and when you slip, we will tell you that we are not failures because we sometimes fail, and we'll hold out our arms, in love, and stand beside you as you pull yourself back up and walk on again to where you are heading! You'll never have to cry alone again, unless you choose to.

Continued on page 4

WELCOME HOME!*Continued from page 3*

Sometimes we fail to be all that we should be, and sometimes we aren't there to give you all you need from us. Accept our imperfection, too. Love us in return and help us in our sometimes-falling failing. That's what we are in OA - imperfect, but trying. Let's rejoice together in our effort and in the assurance that we can have a home, if we want one.

Welcome to OA; welcome home!

Lifeline Sampler pages 173-174

I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.

OA UNITY DAY FEBRUARY 27TH

Join us for a Unity Day celebration - Loving Yourself from Relapse to Recovery on February 27th from 10:00 am to 3:00 pm. Come and listen to speakers share their experience, strength and hope. This event is being held at the United Church of Christ, 11695 SW Park Way, Portland, OR. We will break for la brown bag lunch from 12:00 - 1:00 pm. There is a suggested donation of \$5.00 - \$10.00.

**THE TWELVE STEPS**

1. We admitted we were powerless over food, that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we *understood Him*.
4. Made searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we *understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and practice these principles in all our affairs.

Permission to use the twelve Steps of Alcoholics Anonymous for adaptation granted by AA World Services, Inc.

The views expressed in this newsletter are of the person who wrote them and do not represent OA as a whole. Take what you like and leave the rest. Oregon Intergroup serves meetings from Longview to Tillamook, Salem to Portland, Silverton to Hood River, and includes Vancouver and the surrounding area.